

SAN DIEGO COMMUNITY COLLEGE DISTRICT
COLLEGE OF CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

CLTX 531

COURSE TITLE

PATTERN FITTING AND ADJUSTMENT 1

TYPE COURSE

NON-FEE

VOCATIONAL

CATALOG COURSE DESCRIPTION

Pattern fitting skills are as important as sewing skills for creating products of quality and value. Pattern Fitting and Adjustment 1 teaches the sewist and cut and sew industry production technicians the process for pattern fitting; from how to determine a fitting adjustment need to the practical methods for pattern alterations for the upper body. (FT)

LECTURE/LABORATORY HOURS

50 - 54

ADVISORIES

None

RECOMMENDED SKILL LEVEL

Basic math skills

Basic computer skills

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCCE students demonstrate effective communication skills.
3. Critical Thinking
SDCCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development

SDCCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

5. Diversity, Equity, Inclusion, Anti-Racism, and Access

SDCCE students critically and ethically engage with local and global issues using principles of equity, civility, and compassion as they apply their knowledge and skills: exhibiting awareness, appreciation, respect, and advocacy for diverse individuals, groups, and cultures.

COURSE GOALS

1. Survey the history of pattern fit and sizing standards.
2. Gain an understanding of key terminology used when working with patterns and fitting processes for the upper body.
3. Gain knowledge of equipment, tools and safety rules when doing pattern fitting and adjustments.
4. Learn to measure accurately and understand the importance of accurate measurements.
5. Learn the different methods for adjusting patterns: slash, seam and pivot.
6. Gain an understanding of the pattern fitting process for the upper body.
7. Learn to do upper body pattern analysis for a wide range of bodies.
8. Gain knowledge on the standards of fit and how to recognize the correct fit for the upper body.
9. Learn the pattern adjustment procedures for areas of the upper body.
10. Examine the options for testing pattern adjustments.
11. Explore the various career options and diverse job opportunities that incorporate pattern fitting and adjustment processes.

COURSE OBJECTIVES

Upon successful completion of the course, students will be able to:

1. Describe the history of pattern fit and sizing standards.
2. Identify and correctly use pattern fitting terminology for the upper body.
3. Identify and use tools and machines safely to accomplish pattern fittings and adjustments.
4. Demonstrate taking and compiling accurate measurements for the upper body.
5. Define and explain the different methods for adjusting patterns: slash, seam and pivot.
6. Demonstrate the pattern fitting process for the upper body.
7. Complete upper body pattern analysis on a wide range of bodies.
8. Explain the standards of fit and what correct fit is for the upper body.
9. Demonstrate the pattern adjustment procedures for areas of the upper body.
10. Describe the options for testing pattern adjustments.

11. Identify various career options and job opportunities that incorporate pattern fitting and adjustment processes.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Pattern Fitting and Adjustment 1
 - 1.1. Clothing and Textiles (CLTX) programs and pathways
 - 1.1.1. San Diego College of Continuing Education (SDCCE) programs and pathways
 - 1.1.2. Credit by exam
 - 1.2. Course learning management system
 - 1.2.1. Canvas
 - 1.2.2. Other supporting software used
2. Survey of Essential Entrepreneurial and Soft Skills in the Classroom and Work Environments
 - 2.1. Definition of entrepreneurial and soft skills
 - 2.2. Examples of entrepreneurial and soft skills
 - 2.2.1. Communication skills
 - 2.2.2. Conflict resolution skills
 - 2.2.3. Problem solving
 - 2.2.4. Design thinking
 - 2.2.5. Digital tool skills
3. Pattern Fitting
 - 3.1. Historical survey
 - 3.2. Technology and garment pattern fitting processes
 - 3.3. Safety considerations
 - 3.4. Current jobs and careers incorporating garment pattern fitting processes
 - 3.4.1. What this course prepares you for
 - 3.4.2. Skill expectation
4. Math Skills Required for Pattern Fitting
 - 4.1. Measurement systems and conversion tools
 - 4.2. Math terminology
 - 4.3. Basic math operations
5. Measurements
 - 5.1. Upper body measurements
 - 5.2. Pattern measurements
 - 5.3. Fabric measurements
 - 5.4. Finished garment measurements
6. Sizing for the Upper Body
 - 6.1. Commercial patterns

- 6.2. Ready to wear comparisons
- 7. Standards of Fit for the Upper Body
 - 7.1. Basic types of fit
 - 7.2. Body types
 - 7.3. Gender considerations
 - 7.4. Children's
- 8. Fitting Supplies
 - 8.1. Rulers
 - 8.2. Papers
 - 8.3. Tape
 - 8.4. Tools
- 9. The Pattern Fitting Process
 - 9.1. Analysis
 - 9.2. Measurements
 - 9.3. Alterations
 - 9.4. Testing and fine tuning
- 10. Fitting The Upper Body - Areas of Fit
 - 10.1. Neck
 - 10.2. Shoulders
 - 10.3. Back
 - 10.4. Armhole
 - 10.5. Sleeves
 - 10.6. Bust and chest
 - 10.7. Waist
 - 10.8. Additional areas of considerations
- 11. Pattern Adjustment Procedures for the Upper Body
 - 11.1. General guidelines
 - 11.1.1. Pin fitting techniques
 - 11.2. Basic length adjustments
 - 11.3. Darts in the fitting process
 - 11.4. Waist adjustments
 - 11.5. Shoulder adjustments
 - 11.6. Neck adjustments
 - 11.7. Sleeve and armhole adjustments
 - 11.8. Back adjustments
 - 11.9. Additional area adjustments
- 12. Testing Methods for Pattern Adjustments
 - 12.1. Truing
 - 12.2. Pin-fitting
 - 12.3. Mockups

13. Presentation of Skills Portfolio

13.1. Characteristics of a professional portfolio

APPROPRIATE READINGS

Appropriate readings may include, but are not limited to, textbooks, workbooks, instructor written materials, trade publications, periodicals, magazines, internet articles, resource manuals, case studies, state of industry reports, videos, and tutorials related to the fitting and alteration of patterns

WRITING ASSIGNMENTS

Writing assignments will enable the students to demonstrate the understanding of course concepts and application of proper writing skills. Written assignments may include, but are not limited to:

1. Pattern and body measurement and fit analysis.
2. Maintain a portfolio of class notes, technique samples and assignments.

OUTSIDE ASSIGNMENTS

Outside assignments may include, but are not limited to, reading texts and reference resources; independent, further exploration of a class topic as needed to perform successfully in class; practical application of pattern fitting skills on patterns outside of class assignments.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Assignments that demonstrate critical thinking may include, but are not limited to:

1. Students self-evaluate completed pattern fitting projects using designated rubric.
2. Comparing pattern and body measurement and fit analysis.
3. Analysis and evaluation of assigned text and reference resources.

EVALUATION

A student's competency will be based on multiple measures of performance. Evaluation of the student's ability will be based on, but not limited to, the following criteria:

1. Performance in a variety of activities and assignments.
2. Complete written and practical examinations and projects.
3. Contribute to class and group discussions.
4. Maintain attendance and punctuality per current policy.
5. Demonstrate ability to work independently and as a team member.

Upon successful completion of all courses included in the program, a Certificate of Program Completion will be issued.

METHOD OF INSTRUCTION

Methods of instruction may include, but are not limited to:

1. Classroom and streamed lectures
2. Demonstrations
3. Journaling
4. Laboratory
5. Classroom, virtual, or online discussions
6. Web-based resources
7. Work based learning opportunities
8. Job shadowing
9. Field trips
10. Guest speakers
11. Audio-Visual resources
12. Video resources
13. Collaborative learning
14. Individual/small group instruction

This course, or sections of this course, may be offered through distance education.

TEXTS AND SUPPLIES

The Palmer Pletsch Complete Guide to Fitting: Sew Great Clothes for Every Body. Fit any fashion Pattern, Pattie Palmer and Marta Alto, Palmer/Pletsch Publishing; Spiral bound edition, current edition

Fitting & Pattern Alteration: A multi-method approach, Elizabeth Liechty, Judith Rasband, Della N. Pottberg, Fairchild books, current edition

The Fitting Book: Make Sewing Pattern Alterations & Achieve the Perfect Fit you Desire, Gina Renee Dunham, Gina Renee Designs, current edition

Fitting and Pattern Alteration: A Multi-Method Approach to the Art of Style Selection, Fitting and Alteration, Elizabeth Liechty, Judith Rasband, Della N. Pottberg-Steineckert, Fairchild Books, current edition

Periodicals:

Threads

Women's Wear Daily

California Apparel News

Business of Fashion

Sew News

Supplies:

The student will provide required project tools & supplies used for pattern fitting and test sewing of the fitting adjustments as listed on the syllabus. The student will need access to a sewing machine to complete the required assignments, projects and portfolio when not in the sewing lab on campus.

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PREPARED BY: Shirley Pierson, MFA DATE: November 2023

Instructors must meet all requirements stated in Policy 5500 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 5500
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog